

# Building Successful Families...

Some Assembly Required

2013 Conference



# SCHEDULE

- 7:30-8:00 Registration, Breakfast & Networking
- 8:00-8:30 Welcome & Video (Breakfast Continued)
- 8:30-8:45 Introduction to Speaker
- 8:45-10:00 Key-Note Speaker, Dan Powers  
"It's Not Easy Being Green, or Do THIS for a Living"
- 10:15-11:30 Breakout Session 1
- 11:45-12:15 Lunch & Networking
- 12:15-1:15 General Session, Dan Powers  
"Take the High Road, Facing Everyday Ethical Challenges"
- 1:30-2:45 Breakout Session 2
- 2:45-3:15 Break & Dessert
- 3:15-4:30 Breakout Session 3

Room A	Room B	Room C	Room D	
<b>Bridges out of Poverty</b> - Jennifer Larson	<b>Stress and the Brain</b> For Children & Adults - Kathleen Francheck-Roa, MD	<b>Substance Abuse</b> - Craig PoVey, MSW	<b>Maternal &amp; Infant Health</b> - Laurie Baksh, MPH	<b>10:15 to 11:30</b>
<b>So You're a New Father</b> -Mark Perlman	<b>Home Visitor Safety</b> - Shannon Trapier - Chad Averett	<b>Improving Supervision</b> - Mark Innocenti, PhD	<b>Protective Factors</b> - Heidi Valdez - Barbara Leavitt	<b>1:30 to 2:45</b>
<b>10 Tips for Being a Great Dad</b> -Mark Perlman	<b>Infant Massage</b> - Vonda Jump-Norman, PhD	<b>Helping Parents Change: From Theory to Reality</b> - Lori Roggman, PhD	<b>Community Café</b> - Alma Tinoco - Adriana Ashley	<b>3:15 to 4:30</b>

# Zentangle

- Melinda Barlow

The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns.

Almost anyone can use it to create beautiful images. It increases focus and creativity, provides artistic satisfaction along with an increased sense of personal well being. The Zentangle Method is enjoyed all over this world across a wide range of skills, interests and ages.

At first glance, a Zentangle creation can seem intricate and complicated. But, when you learn how it is done, you realize how simple it is . . . sort of like learning the secret behind a magic trick. Then, when you create a piece of Zentangle art, you realize how fun and engrossing the process itself is.

## Special Class!

**\*\* Sign-up for  
this class during  
conference**

**Registration \*\***  
(This is a therapeutic Class)

**Session 1:  
1:30-2:45**

**Session 2:  
3:15-4:30**

# Breakout Session- 1

10:15 to  
11:30

## "Bridges out of Poverty"- Jennifer Larson

A

This workshop will help Home Visitors understand the unwritten rules of poverty and how they affect families.

## "Stress & the Brain, for Children & Adults "- Kathleen Francheck-Roa, MD

B

This workshop will inform Home Visitors about the lasting and devastating effects that stress can have on the brains of parents and children.

## "Substance Abuse"- Craig PoVey, MSW

C

This workshop will be focused around the various and interconnected ways that substance abuse impacts family structure and parent-child relationships.

## "Maternal and Infant Health"- Laurie Baksh, MPH

D

This talk will focus on the status of maternal health in Utah and how Home Visitors can improve birth outcomes before conception, during pregnancy, and after delivery.

## **“So You’re a New Father”- Mark Perlman**

**A**

We will identify and discuss the questions uppermost on the minds of expectant and new fathers. We will look at the childbirth experience through the eyes of the new father. We will discuss the many opportunities for bonding with a newborn during the first days, weeks and months after childbirth.

## **“Home Visitor Safety” -Shannon Trapier & Chad Averette**

**B**

Home Visitor safety should not be taken lightly. Walking into a home puts you at risk and this training will give you practical tips and practice with unsafe or potentially threatening situations. Come and learn the language to use, signs to watch for, and what to do when you are unsafe.

## **“Improving Supervision: Using Reflective Practices, Observation, and Participant Feedback” - Mark Innocenti, PhD**

**C**

In this session, the process of supervision including the use of reflective practices, observational approaches, and logic model based information will be discussed. The learning objective is for participants to be able to make informed decisions about these practices and how they will be implemented within their program with the goal of improving supervision as it leads to improved program outcomes.

## **“Bringing the Protective Factor Framework to life in Your Work” - Heidi Valdez, M. Ed, - Barbara Leavitt**

**D**

This workshop will be an introduction to the Strengthening Families™ Protective Factors Framework which is a national and international initiative that aims to develop and enhance five specific characteristics (called Protective Factors) that help keep families strong and children safe from abuse and neglect.

## **“Ten Tips for Being a Great Dad”- Mark Perlman**

**A**

We will work together to develop these "ten tips" and discuss how and why each one is important to the father, his children and family. The program author will explain how these essential skills are addressed in the Nurturing Father's Program.

## **“Infant Massage as a Home Visiting Technique”- Vonda Jump-Norman, PhD**

**B**

We'll talk about using infant massage as a strategy to promote positive interaction and communication between parents and their babies, positive mental and physical health for babies, and as a prevention strategy to decrease the likelihood of abuse and neglect. We'll talk about how the brain and body are affected when babies are massaged, and ways to use massage to actively help parents learn more about reading babies' cues, their states, and reflexes.

## **“Helping Parents Change- From Theory to Reality”- Lori Roggman, PhD**

**C**

Home visiting programs aim to help parents change in several ways, but most importantly in their support for children's early development. By describing their "theory of change", program staff members can clarify the intended outcomes for parents and the pathways by which home visiting can make those changes happen. Specific evidence-based practices will be discussed that will help home visitors make progress along those pathways.

## **“Community Café”- Adriana Ashley & Alma Tinoco**

**D**

The class will describe the planning, preparation, results and outcomes of the Community Cafe that was held with Hispanic families at the Utah County Health Department. There will also be a "mini cafe" demonstration of some of the aspects of the Community Cafe model.

Dan is a clinical social worker and currently serves as Senior Vice President and Clinical Director for Children's Advocacy Center of Collin County in Plano, Texas. He supervises a staff of 22 therapists and clinical interns providing no cost services to victims of child abuse and family violence as well as their non-offending family members. As Senior VP he is responsible for clinical operations and program development as well as directing the Advocacy Center's clinical internship and training program.

Dan has over 20 years of experience working within the field of child abuse, sex offenders and family violence. He frequently testifies as an expert witness in state and federal courts. He has also testified on several occasions before Texas legislative committees. Dan has made numerous presentations at major national and regional conferences on the sexual victimization of children, sex offenders, and the multidisciplinary response to child abuse. He is best known for his spirited presentations on wellness and survival for child abuse professionals. He is a member of the Texas Children's Justice Act Task Force. In 2008 Dan was appointed by Governor Rick Perry to serve as a professional member of the Texas Council on Sex Offender Treatment and in 2011 Dan was appointed by the Governor as the presiding officer of the newly created Texas Office of Violent Sex Offender Management.

Keynote Speaker



**Dan Powers**

LCSW, LSOTP



Vonda is a researcher and evaluator in the the Research and Evaluation division of the Center for Persons with Disabilities. Dr. Jump Norman's interest and expertise is in early child development and health, parent-child relationships, and early care and education practices. She conducts a variety of projects designed to discover, develop, evaluate, and validate new knowledge, better intervention techniques, and more successful training procedures. Dr. Jump Norman is evaluating a SAMHSA project in Utah to better understand what intervention techniques work best for children who have experienced trauma. She is finalizing a contract with the Department of Defense to implement infant massage training and intervention on 5 military installations throughout the US. She also has a project to implement bullying prevention training for teachers and parents in each of the Head Start centers in Utah. Dr. Jump Norman was a co-Investigator on the National Children's Study subcontract in Cache County from 2007-2013. She recently completed a 3 year HED-USAID funded partnership with the University of Jordan and Petra University to strengthen undergraduate preparation of future early childhood teachers. Dr. Jump Norman has implemented infant massage training and research initiatives in the US, Ecuador, Haiti, Russia, and India to improve health and social outcomes for infants and young children living in orphanages, and has found that the interventions have been sustained, as staff members have continued her interventions over 10 years after her departure. She has also provided training and technical assistance to support military families and professional staff through ZERO TO THREE's Military Families Project on numerous military installations. Dr. Jump Norman teaches undergraduate and graduate classes in the Departments of Psychology and Family, Consumer, and Human Development at Utah State University.



Vonda  
Jump-Norman, PhD

Kathleen is an Assistant Professor of Pediatrics at the University Of Utah School Of Medicine. She currently teaches pediatric medicine to residents and medical students. She sees patients at the Teen Mother and Child Program at the South Main Health Department Clinic in Salt Lake City. This clinic population provides Dr. Francheck-Roa with the opportunity to work with families who are experiencing multiple psychosocial stressors.

In addition, Dr. Francheck-Roa has a special interest in domestic violence and how this impacts children's mental and physical health. She developed a curriculum to teach residents about the role of the physician in identifying and assisting victims of domestic violence. Dr. Francheck-Roa is currently teaching this curriculum to Residents at the University Of Utah School Of Medicine. As Chair of the Health Care Workgroup for the Utah Domestic Violence Council Dr. Francheck-Roa also provides this training to health care providers throughout the State of Utah.

She is currently involved in several research projects to develop guidelines for identifying and intervening in violent families and to analyze the effect that witnessing violence has on children.

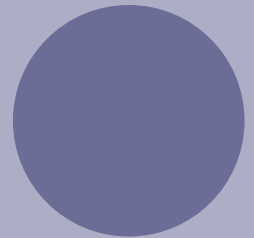


**Kathleen  
Francheck-Roa, MD**

Mark has 35 years of experience working with parents, children and families in strengthening the family bond. He authored

*The Nurturing Father's Program*, a 13-week parenting curriculum for men that has been utilized by thousands of fathers and implemented by organizations such as Prevent Child Abuse, Head Start, Milwaukee Fatherhood Initiative, North Carolina Department of Corrections, State of Michigan... Mark also authored the MArrage & PArenting Program (MA&PA) that helps couples parent successfully as a team. He is the past Executive Director of the Family Counseling Center, The Child Protection Center and Fathers United Network (FUN) of Sarasota, Florida. He has served on the Florida Commission on Responsible Fatherhood, Commission on Marriage and Family Support, and currently on the Governor's Child Abuse Prevention and Permanency Council. Mark is the proud married father of 2 grown sons.

Links: [nurturingfathers.com](http://nurturingfathers.com),  
[marriageandparenting.com](http://marriageandparenting.com)



Mark Perlman

Craig is the Substance Abuse and Mental Health Prevention Program Administrator for the State of Utah. He is the Past President of the National Prevention Network, Utah's representative to the NPN, Member of the Society for Prevention Research, and on several advisory committees regarding prevention of negative consequences to youth. Craig has enjoyed the past 25 years his career of helping parents and communities develop skills and strategies to avoid youth related problems.



Craig L PoVey

MSW

Lori, a professor of Human Development at Utah State University, began her career as a home visitor and has since focused on learning how parenting influences children's early development and how parenting programs, particularly home visiting programs, can most effectively promote developmentally supportive parenting.



**Lori Roggman**

PhD

Laurie is the Manager of the Maternal and Infant Health Program at the Utah Department of Health. In her position, she oversees the adolescent health program, fetal, infant, and maternal mortality review, and the Utah Pregnancy Risk Assessment Monitoring System (PRAMS) project. Prior to that, she worked for 10 years as the Data Manager/Epidemiologist for PRAMS. She has also worked for the Maternal Fetal Medicine Dept. at the University of Utah School of Medicine and the Utah Medicaid program. Laurie received her bachelor's degree in Behavioral Science & Health and a Master of Public Health degree from the University of Utah.



# Laurie Baksh

MPH

Melinda is a Certified Zentangle Teacher or a CZT, She received her certification in the fall of 2010, and she teaches and enjoys the art of Zentangle every day. Melinda also "moonlights" as a full-time Librarian for Uintah County Library in Vernal, Utah. If Melinda had to choose between the two, Zentangle and Libraries, she would be in real trouble.



Melinda Barlow

Jennifer is currently the Adolescent Services Program Administrator for the Division of Child and Family Services. Jennifer has been with the agency for 14 years working all program areas including child protective services, in-home service and foster care. Jennifer is a fierce advocate for youth in foster care. Jennifer received her certification to teach Bridges Out of Poverty from Dr. Ruby K. Payne, Philip E. DeVol and Terie Dreussi Smith, the researchers and authors behind the Bridges work. She currently uses her knowledge and resources regarding poverty for the Intergenerational Poverty Project, the Homeless Discharge Planning Committee, the Governor's Commission on Homelessness and other government and non-profit organizations. Jennifer lives in North Ogden with her husband and two daughters.



**Jennifer Larson**



Adriana is originally from Bogotá, Colombia. After completing a Bachelor degree in Business, she moved to the United States. Currently, she works as a home visitor for the Utah County Health Department with the Welcome Baby program, a free community service designed to promote a healthy, secure and enjoyable beginning for parents, new babies and their family members. Adriana is passionate about the program's many services and has seen countless benefits for her clients over the last five years. Outside of work, she loves spending time with her husband and two beautiful children.



Adriana Ashley

Alma grew up in Celaya, Mexico and came to the United States in 1997. She and her husband ran a very successful business prior to her employment at the Utah County Health Department. She has worked for the Welcome Baby Program at the Health Department for over 5 years. She is a certified Parents as Teachers parent educator and visits Spanish speaking families in Utah County. She has helped plan and facilitate the Spanish Community Group meetings and says she loves babies and Hispanics.



**Alma Tinoco**

Chad served in the US Army as a Corrections Specialist where he was on the Special Operations Reaction Team and hostage negotiation team. He then had a long career on the California Highway Patrol and now currently works for Prevent Child Abuse Utah as an Assessment Worker and Family Support Worker.



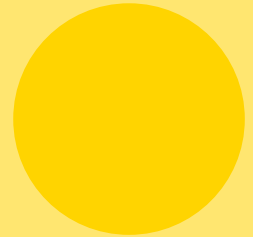
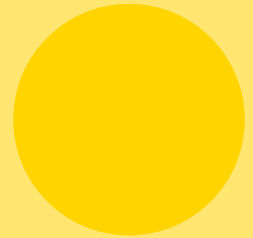
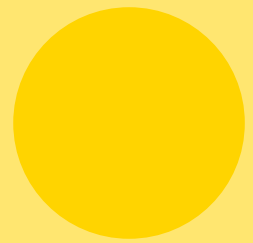
Chad Averette

Shannon is the Program Manager for the Healthy Families Utah program at Prevent Child Abuse Utah. She completed her Bachelor's degree in Social Work at California State University, Fresno and later completed a Master of Management and Public Administration at the University of Phoenix. Shannon has worked in the social work field for 20 years in home visiting programs, DCFS, and residential treatment programs.



**Shannon Trapier**

Mark has over 30 years of experience working with infants and young children at-risk and with disabilities and their families through multiple research and model demonstration projects. He is the Director of the Research and Evaluation Division of the Center for Persons with Disabilities and an Associate Professor in the Psychology Department at Utah State University. He is one of the authors of the book "Developmental Parenting" and the "PICCOLO" measure of parent child interaction. He has been active in home visiting and preschool interventions. He is a frequent presenter to many types of programs that provide home visiting services.



**Mark Innocenti**

PhD